

#### **ABSTRACT OF THE DISCLOSURE**

[615] An aspect of the invention involves a method of using a collapsible exercise device including providing a collapsible exercise device; positioning a first end of an adjustable incline at a desired height with respect to a vertical support member so that the adjustable incline is at a  
5 desired inclination; moving first and second combination pulley-support and pull-up bars to a desired position; moving first and second pulleys connected to the first and second combination pulley-support and pull-up bars to a desired location; and moving a support platform along the adjustable incline through cable movement through the first and second pulleys on the combination pulley-support and pull-up bars.

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